

Open Research Online

The Open University's repository of research publications and other research outputs

Healthy, happy, hippy: sustainability as an emergent property of wellbeing

Conference or Workshop Item

How to cite:

Stevens, Paul (2011). Healthy, happy, hippy: sustainability as an emergent property of wellbeing. In: Well-being 2011: The First International Conference Exploring the Multi-dimensions of Well-being, 18-19 Jul 2011, Birmingham, UK.

For guidance on citations see [FAQs](#).

© 2011 The Author

Version: Version of Record

Link(s) to article on publisher's website:
<http://www.biad.bcu.ac.uk/research/wellbeing2011/>

Copyright and Moral Rights for the articles on this site are retained by the individual authors and/or other copyright owners. For more information on Open Research Online's data [policy](#) on reuse of materials please consult the policies page.

oro.open.ac.uk

Healthy, Happy, Hippy

Sustainability as an emergent property of wellbeing



Paul Stevens

Psychology Research Centre / Centre for Wellbeing & Quality of Life,
Bournemouth University, UK

The Restorative Environment

A place/situation that helps bring about recovery to baseline levels of functional resources & capabilities that have been diminished through stress, overuse or under-stimulation

Attention Restoration Theory
Kaplan & Kaplan

Being away

Fascination

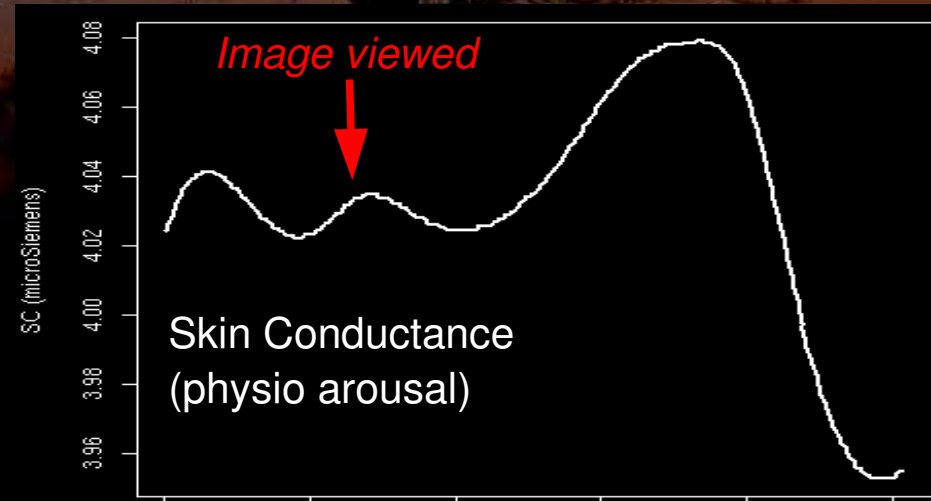
Extent

Compatibility



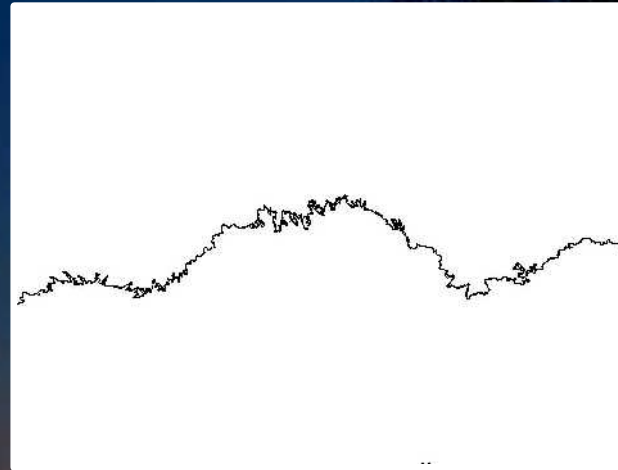
Psychoevolutionary Model
Ulrich

Affective
Response



Responding to Fractal Geometry

- Extract silhouette outline of a scene
- Mathematical calculation of *fractal dimension*



Fractal
Dimension
(self-similarity at
different scales)

1.38

FracDim



Biodiversity
& Preference



Stress



i.e., an evolved response (low arousal, +ve emotion) to healthy ecosystems

Sustainability ?

Brundtland defined it as intergenerational equity:

“meeting the needs of the present without compromising the ability of future generations to meet their own needs”

→ *Anthropocentric*

Perhaps better defined as “ecological wellbeing” e.g.,
an ecosystem (incl. humans) which is able to maintain its processes, functions, & biodiversity in the long-term

→ **Ecocentric:** bio embodiment + environment embedment

→ Understand human wellbeing as inseparable from ecological wellbeing i.e., sustainability emerges from it

Example: A Restorative Garden



Compatibility

Being away

Extent



A Restorative Garden (cont.)

Fascination

The fractal connection...



Sustainability in a Restorative Garden

Reduced air/noise pollution; Enhanced habitat; Biodiversity

Biodiversity; Conservation; Local resource; wellbeing

boundary features
& soft edges

Balanced ecosystem;
Improved soil;
Reduced pesticides

low
maintenance

Insect/pollinators;
Food/flower miles;
Security;
Agri-awareness

Healthy ecosystem;
Natural materials

fractals

composting
system & pond

Carbon sink;
Supports
animals/insects

flowers & vegetables

